

WHAT IS CLAIMED IS:

1 1. A nutraceutical composition comprising extracts of at least three or four herbs,
2 wherein the first herb, which is optional, is *Hedysarum polybotrys Hand.-Mazz.* or
3 *Astragalus membranceus Bge.*, the second herb is *Atractylodes macrocephala kodiz.*, the
4 third herb is *Lebedbouriella seseloides (hoffm.) Wolff*, and the fourth herb is an anti-allergy
5 herb.

1 2. The nutraceutical composition of claim 1, wherein the fourth herb is
2 *Centipeda minimal (L.) A. Br. Et Aschers.*

1 3. The nutraceutical composition of claim 2, wherein the weight ratio of the first,
2 second, third, and fourth herbs is (0-1.5):(0.5-1.5):(0.5-1.5):(0.5-1.5).

1 4. The nutraceutical composition of claim 2, wherein the nutraceutical
2 composition contains extracts of only four herbs, i.e., the first, second, third, and fourth
3 herbs; or extracts of only three herbs, i.e., the second, third, and fourth herbs

1 5. The nutraceutical composition of claim 4, wherein the weight ratio of the first,
2 second, third, and fourth herbs is (0-1.5):(0.5-1.5):(0.5-1.5):(0.5-1.5).

1 6. The nutraceutical composition of claim 1, wherein the fourth herb is *Magnolia*
2 *biondii Pamp.*

1 7. The nutraceutical composition of claim 6, wherein the weight ratio of the first,
2 second, third, and fourth herbs is (0-1.5):(0.5-1.5):(0.5-1.5):(0.5-1.5).

1 8. The nutraceutical composition of claim 6, wherein the nutraceutical
2 composition contains extracts of only four herbs, i.e., the first, second, third, and fourth
3 herbs; or extracts of only three herbs, i.e., the second, third, and fourth herbs.

1 9. The nutraceutical composition of claim 8, wherein the weight ratio of the first,
2 second, third, and fourth herbs is (0-1.5):(0.5-1.5):(0.5-1.5):(0.5-1.5).

1 10. The nutraceutical composition of claim 1, wherein the nutraceutical
2 composition contains extracts of only four herbs, i.e., the first, second, third, and fourth
3 herbs; or extracts of only three herbs, i.e., the second, third, and fourth herbs.

1 11. The nutraceutical composition of claim 10, wherein the weight ratio of the
2 first, second, third, and fourth herbs is (0-1.5):(0.5-1.5):(0.5-1.5):(0.5-1.5).

1 12. A method of treating a disorder related to excessive secretion of histamine,
2 comprising administering to a subject in need thereof extracts of at least three or four herbs,
3 wherein the first herb, which is optional, is *Hedysarum polybotrys Hand.-Mazz.* or
4 *Astragalus membranceus Bge.*, the second herb is *Atractylodes macrocephala kodiz.*, and the
5 third herb is *Ledebouriella seseloides (hoffm.) Wolff*, and the fourth herb is an anti-allergy
6 herb.

1 13. The method of claim 12, wherein the fourth herb is *Centipeda minimal (L.) A.*
2 *Br. Et Aschers* or *Magnolia biondii Pamp.*

1 14. The method of claim 13, wherein the disorder is allergic rhinitis, asthma, or
2 eczema.

1 15. The method of claim 14, wherein the disorder is allergic rhinitis.

1 16. The method of claim 13, wherein the weight ratio of the first, second, third,
2 and fourth herbs is (0-1.5):(0.5-1.5):(0.5-1.5):(0.5-1.5).

1 17. The method of claim 16, wherein the disorder is allergic rhinitis, asthma, or
2 eczema.

1 18. The method of claim 17, wherein the disorder is allergic rhinitis.

1 19. The method of claim 13, wherein the method includes administering extracts
2 of only four herbs, i.e., the first, second, third, and fourth herbs; or extracts of only three
3 herbs, i.e., the second, third, and fourth herbs.

1 20. The method of claim 19, wherein the weight ratio of the first, second, third,
2 and fourth herbs is (0-1.5):(0.5-1.5):(0.5-1.5):(0.5-1.5).

1 21. The method of claim 20, wherein the disorder is allergic rhinitis, asthma, or
2 eczema.

1 22. The method of claim 21, wherein the disorder is allergic rhinitis.

1 23. The method of claim 12, wherein the disorder is allergic rhinitis, asthma, or
2 eczema.

1 24. The method of claim 23, wherein the disorder is allergic rhinitis.

1 25. The method of claim 12, wherein the method includes administering extracts
2 of only four herbs, i.e., the first, second, third, and fourth herbs; or extracts of only three
3 herbs, i.e., the second, third, and fourth herbs.

1 26. The method of claim 25, wherein the weight ratio of the first, second, third,
2 and fourth herbs is (0-1.5):(0.5-1.5):(0.5-1.5):(0.5-1.5).

1 27. A method of treating a disorder related to excessive secretion of interleukin-4,
2 comprising administering to a subject in need thereof extracts of at least three or four herbs,
3 wherein the first herb, which is optional, is *Hedysarum polybotrys Hand.-Mazz.* or
4 *Astragalus membranceus Bge.*, the second herb is *Atractylodes macrocephala kodiz.*, and the
5 third herb is *Ledebouriella seseloides (hoffm.) Wolff*, and the fourth herb is an anti-allergy
6 herb.

1 28. The method of claim 27, wherein the fourth herb is *Centipeda minimal (L.) A.*
2 *Br. Et Aschers* or *Magnolia biondii Pamp.*

1 29. The method of claim 28, wherein the disorder is allergic rhinitis, asthma, or
2 eczema.

1 30. The method of claim 29, wherein the disorder is allergic rhinitis.

1 31. The method of claim 28, wherein the weight ratio of the first, second, third,
2 and fourth herbs is (0-1.5):(0.5-1.5):(0.5-1.5):(0.5-1.5).

1 32. The method of claim 31, wherein the disorder is allergic rhinitis, asthma, or
2 eczema.

1 33. The method of claim 32, wherein the disorder is allergic rhinitis.

1 34. The method of claim 28, wherein the method includes administering extracts
2 of only four herbs, i.e., the first, second, third, and fourth herbs; or extracts of only three
3 herbs, i.e., the second, third, and fourth herbs.

1 35. The method of claim 34, wherein the weight ratio of the first, second, third,
2 and fourth herbs is (0-1.5):(0.5-1.5):(0.5-1.5):(0.5-1.5).

1 36. The method of claim 35, wherein the disorder is allergic rhinitis, asthma, or
2 eczema.

1 37. The method of claim 36, wherein the disorder is allergic rhinitis.

1 38. The method of claim 27, wherein the disorder is allergic rhinitis, asthma, or
2 eczema.

1 39. The method of claim 38, wherein the disorder is allergic rhinitis.

1 40. The method of claim 27, wherein the method includes administering extracts
2 of only four herbs, i.e., the first, second, third, and fourth herbs; or extracts of only three
3 herbs, i.e., the second, third, and fourth herbs.

1 41. The method of claim 40, wherein the weight ratio of the first, second, third,
2 and fourth herbs is (0-1.5):(0.5-1.5):(0.5-1.5):(0.5-1.5).